

What is claimed is:

1. A nutritional intervention composition in powder form to be taken before a meal to extend post meal satiety comprising:
 - (a) from about 63 to 74 weight percent of one or more proteins that stimulate CCK release;
 - (b) from about 18 to 25 weight percent of one or more C₁₂₋₁₈ fatty acids that stimulate CCK release; and
 - (c) an amount of an extract of plant material containing a proteinase inhibitor to provide from about 0.16 to about 0.63 weight percent of the proteinase inhibitor.
2. A nutritional intervention composition in accordance with Claim 1 further including from about 3.7 to 4.5 weight percent of a source of calcium that stimulates CCK release.
3. A nutritional intervention composition in accordance with Claim 1, wherein said source of proteinase inhibitor contains about 10 weight percent of said proteinase inhibitor.
4. A nutritional intervention composition in accordance with Claim 1, wherein said protein comprises at least one member selected from selected from the group consisting of casein, whey, soy, and a mixture of essential amino acids.
5. A nutritional intervention composition in accordance with Claim 1, wherein said fatty acid component comprises at least 50 weight percent oleic acid with the remainder being other C₁₂₋₁₈ fatty acids that stimulate CCK release.
6. A nutritional intervention composition in accordance with Claim 2, wherein said source of calcium is selected from the group consisting of calcium lactate, calcium carbonate, calcium citrate, calcium maleate and calcium citrate maleate

7. A nutritional intervention composition in accordance with Claim 3, wherein said extract of plant material providing a source of proteinase inhibitor is an extract of potato, soy, or beans.
8. A nutritional intervention composition in accordance with Claim 1, wherein said composition is mixed with a liquid to form a liquid drink prior to ingestion.
9. A nutritional intervention composition in accordance with Claim 8, wherein said liquid is water.
10. A nutritional intervention composition in accordance with Claim 1, further including a flavor component for imparting a characteristic taste thereto selected from the group consisting of water soluble, natural or artificial, extracts of apple, banana, cherry, cinnamon, cranberry, grape, honeydew, honey, kiwi, lemon, lime, orange, peach, peppermint, pineapple, raspberry, tangerine, watermelon and wild cherry.
11. A nutritional intervention composition in accordance with Claim 1, further including a colorant component for imparting a characteristic color thereto selected from the group consisting of water soluble, natural or artificial, dyes of blue, green, orange, red, violet, and yellow; iron oxide dyes, ultramarine pigments of blue, pink, red, and violet.
12. A nutritional intervention composition in accordance with Claim 1, wherein the calorie content thereof is from about 50 to 150 calories.
13. A nutritional intervention composition in accordance with Claim 12, wherein said calorie content is about 80 calories.

14. A method of extending post meal satiety and decreasing post meal hunger in a human comprising administering to said human prior to said meal a drink containing a powder nutritional intervention composition comprising:

- (a) from about 63 to 74 weight percent of one or more proteins that stimulate CCK release;
- (b) from about 18 to 25 weight percent of one or more C₁₂₋₁₈ fatty acids that stimulate CCK release; and
- (c) an amount of an extract of plant material containing a proteinase inhibitor to provide from about 0.16 to about 0.63 weight percent of the proteinase inhibitor.

15. A method in accordance with Claim 13, wherein said nutritional intervention composition is administered not more than fifteen minutes before said meal.

16. A method in accordance with Claim 14, wherein said protein comprises at least one member selected from selected from the group consisting of casein, whey, soy, and a mixture of essential amino acids.

17. A method in accordance with Claim 14, wherein said fatty acid component comprises at least 50 weight percent oleic acid with the remainder being other C₁₂₋₁₈ fatty acids that stimulate CCK release.

18. A method in accordance with Claim 12, wherein said composition further includes from about 3.7 to 4.5 weight percent of a source of calcium that stimulates CCK release, said source being selected from the group consisting of calcium lactate, calcium carbonate, calcium citrate, calcium maleate and calcium citrate maleate

19. A method in accordance with Claim 14, wherein said extract of plant material providing a source of proteinase inhibitor is an extract of potato, soy, or beans containing about 10 weight percent of said proteinase inhibitor.

20. A method in accordance with Claim 14, wherein said drink comprises said powder composition and water.
21. A method in accordance with Claim 20, wherein said drink contains about 18 grams of said powder composition.